

HOME BODY

Country of Production: Germany

Runtime: 48:28

Format: 4K

Aspect Ratio: 16:9

Video Codec: ProRes (LT)

Color: Color

Sound: Stereo

Logline

HOME BODY follows our journey of over 1000 kilometres on foot across Europe, to the Atlantic coast, exploring what it means to be at home in your own body. Through walking, movement, landscapes, and encounters with people along the way, the film investigates how culture, place, and experience shape the way we inhabit ourselves.

Synopsis

HOME BODY is a walking documentary that follows a long-distance journey across Europe, exploring the relationship between body, belonging, and the search for home. Moving step by step, the film offers a counterpoint to a world defined by speed and disconnection. Carrying our own existence, a camera, and a question, the journey becomes an embodied inquiry into how we inhabit our bodies.

Encounters with people along the way unfold through intimate conversations, revealing how culture, place, and lived experience shape our relationship to the body and where we locate a sense of home. Home Body unfolds in the act of walking itself, letting time and the body's dialogue with its surroundings guide the act of creation. Emerging from this place between each step, the film collects gazes and gestures, poetic images of landscape and movement.

The film invites us to remember: the body is not merely a vehicle through life but the very source of life itself, the place where experience begins, and where our sense of belonging ultimately resides.

Directors Statement

We are Celina Schadow and Lorenz Weber. Our walking-art practice is rooted in shared experience. The way we walk, observe, listen and create is inseparable from the way we move through the world together. Long-distance walking is both method and metaphor. It allows us to attune to landscapes, to each other, and to the subtle shifts within and around us. What surrounds us becomes material.

HOME BODY, our first film, created while crossing Europe on foot, reflects on home as something carried in the body itself. Shaped by presence, distance, memory and motion, it traces inner shifts that surface during solitude, wilderness and open time.

Together these works form an ongoing inquiry into how walking and living close to nature reveal the fragile transitions between outer environment and inner world. As partners in life and art, we create work that rises from shared experience and attentive observation.

Director's filmography and biography

Celina Shadow is a psychologist, dancer, and expressive arts therapist (Life/Art Process) whose work moves between movement research, performance art, poetry and film. Her artistic research explores the fundamental condition of human existence, drawn to the moments of vulnerability and incompleteness that inherit deep honesty, strength and beauty.

Starting from embodiment, as the ground of our life, her work investigates how inner worlds become visible - in the body, in our perception of the world, in dance and art. She creates spaces that invite to an intimate conversation with the body, allowing the unspoken to translate into movement, words, and imagery. Her work is dedicated to honest listening and reflection, exploring ways to inhabit ourselves and the world more gently.

Lorenz Weber is a pianist, storyteller, and multidisciplinary artist whose work moves between sound, text, and handcrafted objects. Rooted in minimalism and shaped by long seasons working as a shepherd, his practice explores stillness, transformation, and the fragile spaces between inner and outer worlds.

Weber's artistic research focuses on processes of becoming. How humans shift, shed, and continually re-form themselves, and how this metamorphosis is inseparable from the natural world. Living closely with the cycles of weather and seasons, he observes how nature shapes us: its rhythms teach us what it means to move, to adapt, to be alive. This connection informs his work, revealing the subtle ways in which landscapes leave traces on our inner landscapes.